

# DETOXIFYING YOUR HOME

5 steps to create a non-toxic, healthier home



# THE BAD NEWS, THEN THE GOOD NEWS

**The bad news:** we are surrounded by toxins that we simply cannot avoid in modern life.

*Did you know that:*

The average woman uses 12 different products with 168 ingredients every day?  
The air in our home can be up to 5000 times more polluted than outdoor air?

Have you ever walked down the cleaning aisle at your favorite supermarket and smell the cleaning products (even though the bottles are tightly sealed)? What you are smelling are volatile organic compounds (VOCs) that these cleaning products release in very small amounts.

Now imagine opening bottles of these products while deep-cleaning your home... It is no wonder that the air quality in our homes is much lower than we thought.

While our bodies are highly capable of detoxification, constant exposure to these VOCs and everyday chemicals can be harmful in the long-term, especially for your little ones.

According to a published study in 2016, in the United States, chemicals used in common everyday products result in \$340 billion per year in healthcare costs and productivity loss.

***Ok, enough bad news.***

**The good news:** we can take quick and simple steps to detoxify our homes.

YOU have control over what products are in your cabinets at home.  
YOU can choose which products to buy to create a non-toxic home.

# WHAT IS TOXIC LOAD?

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Before we share with you 5 easy steps to detoxify your home, understanding the WHY is just as important.

While we all understand the importance of a healthy diet, we pay much less attention to the products we use every day.

Toxins in cleaning products can be absorbed through our skin and respiratory system. The chemicals from these products linger in the air, dust and on surfaces for a long time unless they are removed immediately. According to a study conducted by the Natural Resource Defense Council, dust samples from an average American home contain over 45 chemicals and toxins.

Yes, this increases the toxic load on your liver and immune system over time.

## What exactly is toxic load?

Dr. Mark Hyman explains it best:

*"To understand toxicity, you must understand the concept of total load, or a total amount of stressors on your system at any one time. Think of total load like a glass filling over with water. It takes a certain amount to fill the glass and then, after a certain point, you put more in and it overflows."*

*"When our detoxification system becomes overwhelmed and overloaded, we start developing symptoms and get sick, but it may take years of accumulated stress and toxins to get to that point."*

Like we said earlier, our bodies are amazing and can often handle occasional toxins. BUT when we are exposed to it constantly (and scarily in the comfort of our homes), health conditions are more likely to occur.

Therefore, a safe, non-toxic home is important as we pursue a healthy lifestyle! **AND it's a change you can easily make by getting rid of harmful toxins in your home.**

We are going to outline some ways to detoxify your homes in the next page. Hopefully you will find them helpful, or at the very least inspire you to do your own additional research.

# 5 STEPS YOU CAN TAKE TODAY

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Change and new information can be overwhelming.

You must already be thinking *“will safe products actually work?”*, *“what brands can I trust?”*, *“where do I start?”*

Today, we are walking you through 5 steps to help you create a non-toxic home!

Remember: the goal is not perfection. It is to take baby steps and small changes as you go.

## **STEP 1: Identify toxic products in your home**

Knowledge is power. One a free weekend, line up the cleaning products you have at home and take a look at the product labels. Don't put too much pressure on yourself and feel you have to “spring-clean” all your products at once. If you only clear one small drawer of your home, that is more than good enough! Remember, progress over perfection.

If you find these words on the labels, they go on the toxic list: CAUTION, WARNING, HAZARDOUS WASTE, CALL EMERGENCY IF SWALLOWED, FATAL TO SMALL CHILDREN AND PETS, VENTILATION NEEDED WHEN USING THIS PRODUCT, FLAMMABLE.

If you are feeling ambitious, you can check the ingredients against the [Environmental Working Group's Skin Deep Database](#) to understand the risks of each ingredient in your product.

## **STEP 2: Toss the toxic products, no looking back**

When you find these words on the labels, consider throwing them out:

CAUTION, WARNING, HAZARDOUS WASTE, CALL EMERGENCY IF SWALLOWED, FATAL TO SMALL CHILDREN AND PETS, VENTILATION NEEDED WHEN USING THIS PRODUCT, FLAMMABLE.

For products you think are not obviously toxic, you can check the ingredients against the [Environmental Working Group's Skin Deep Database](#). Personally, we only feel comfortable with ingredients rated 3 and below. However, you can make your own judgment call!

# 5 STEPS YOU CAN TAKE TODAY

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## **STEP 3: Replace with DIY or other safe cleaning products**

Consider going with old-school safe alternatives such as: vinegar, baking soda, hot water, rubbing alcohol, lemon juice, soapnut. There are many all-natural DIY recipes online. You will be amazed at how well they work when used correctly.

When looking for new products to purchase, do not assume they are safe even when they are marketed as “natural”. Look out for the following:

- Synthetic fragrances or perfumes
- Dyes
- Sulfates (e.g. SLS, SLES, SCS)
- Phosphates
- Phthalates
- Parabens
- Propylene Glycol
- Allergens
- Optical brighteners
- Formaldehyde
- Bleach

## **STEP 4: Open your windows**

Nothing displaces the air in your home like fresh, clean air. Open your windows for 15-30 minutes a day. If you are able to, you can purchase an air purifier instead to improve the air quality at home.

## **STEP 5: Clean regularly**

Like the study we quoted earlier, toxins collect on dust. Therefore, cleaning surfaces regularly and removing dust will reduce the toxins in your home.